



Gateway News

Incorporating Partnership News and Carers Gateway newsletters

Summer 2007 | Issue No.6



Excellent - Kirklees Adult Services home care

Kirklees Adult Services has been rated excellent for delivering home care services to people living in Batley and Spenborough.

The announcement was made on Monday, 18 June, by the Commission for Social Care Inspection (CSCI).

It is the second top rating for Kirklees Adult Services in the last 6 months, with CSCI announcing in November that the department had been awarded the maximum three-star rating by government inspectors for the fourth year running.

The judgement for home care, which range from zero for the poorest performers to three stars for the top performers, were first introduced in 2006 – they are known as “key inspections”. They are designed to tell local people how well their council is doing in providing social care services for adults.

In its judgement, the CSCI said “Kirklees Adult Services Home Care is user focused through continuously identifying needs and by being a

consistent, flexible and reliable service with skilled workers. People who use the service experience excellent quality outcomes in this area.

The report highlights that people who use the service and their carers have access to good information and individual community care assessments -which are based on personal need. Equally important, the report outlined that it is reassuring to know that the staff who deliver home care services have the skills and competency to meet these needs.

Cllr Margaret Bates, the cabinet member with responsibility for Adult and Social Services, said “We are delighted to have been awarded an excellent rating for our home care services in Batley and Spenborough. The inspection report demonstrates the high standard of care we give to people who use our home care service - a standard which we will continue to aspire towards and build upon”.

“This is an excellent achievement – one we are very proud of. It recognises the hard work, dedication and commitment by all staff involved. They are the ones who achieve these star ratings on behalf of the service”.

Adult Services

New scheme to help people with communication problems

A new scheme has been set up to help people with communication needs in libraries and leisure centre buildings across Kirklees.

It is called 'BoardTalk' and is a joint project which has been put together by Kirklees Council's Adult Services, Culture and Leisure Services, and local health services.

BoardTalk features communication boards made up of photographs, symbols and letters and is aimed at people with communication needs and could help people with a learning difficulty, those whose first language is not English, or who have communication difficulties brought on by a stroke, or who cannot talk.

In the libraries, the communication boards will help people say what they have come to use or borrow. They will be able to choose the type of book they enjoy and find out where it is kept.

At the sports centres the boards will help people to say what activity they have come to do. They will be able to ask for help, find out the cost of activities and find out when they are taking place.

Wallet-sized BoardTalk cards will be available from the libraries and sports centres, resource centres and social services information points. Visitors to premises running the scheme will be able to show staff their card to point out that they would like to use the communication board.

Communication boards will be made available in libraries across Kirklees, and in the Galpharm Sports Centre and Dewsbury Sports Centre during the summer months. It is hoped to eventually include other sports centres and other community facilities in the future.

BoardTalk was taken from an idea called 'Libraries for all' by SCOPE

in Australia and has been developed for use in libraries and leisure centres here in Kirklees. It is being supported by the Learning Disability Development Fund which has been awarded by Valuing People to help develop services for people with learning difficulties.

Cllr Margaret Bates, Cabinet member for Adult Services, said: "Helping people communicate can improve their quality of life. It can improve their opportunities, education, social life, friendships and independence.

"This project takes a positive step towards making it easier for people with communication difficulties to use services by providing a more accessible way of communicating."

And Cllr Ken Sims, Cabinet member for culture and leisure, added: "Information is power and the more we can help people who do not use the written or spoken word to find a way of giving and receiving information, the more power we give them to be able to make choices."

For further information on the BoardTalk project visit the website at www.kirklees.gov.uk/ld or contact Laura Page on 01484 225274 or email laura.page@kirklees.gov.uk



Adult Services

Staying put not putting up – launch of the new Sanctuary Scheme

The Sanctuary Scheme is run collaboratively by Kirklees Strategic Housing, Kirklees Safer Communities Partnership, Kirklees Strategic Housing, and Pennine Domestic Violence Group and Building Services. It was set up in April 2006 after housing statistics revealed that 20% of all homeless applicants were domestic violence victims fleeing abuse.

Many individuals and families are forced to leave their homes by the behaviour of the abuser and some victims have to move on repeatedly and leaving behind family and friends to begin life in a new area. This can be very traumatic for all family members, especially the children. The Sanctuary Scheme aims to stop this by fortifying the home to stop abusers forcing their way back in. It provides a free security advice and products to ensure victims can feel safe in their own home.

The approach in Kirklees is to make the whole house safe rather than one room and, to date, 33 homes in Kirklees have been 'target hardened' by the Sanctuary Scheme, with devices including window and door locks, bolts, security lighting and an emergency telephone. This is done in collaboration with

Building Services.

Safer Stronger Communities provide legal advice through the Sanctuary Scheme. The Penning Domestic Violence Group give support to people to give them confidence to remain in their own home. The support is tailored to the specific needs of the individual.

Referrals to the Sanctuary Scheme can be made by contacting:

Housing Options...
South Kirklees Huddersfield
01484 221350

Housing Options North
Kirklees Dewsbury
01924 324310

Emergency numbers outside office hours for social care services 01924 326489

Domestic Violence Team
01484 223221

West Yorkshire Police
01924 206130

In an emergency dial 999

Kirklees Warm Zone home insulation scheme

Kirklees Warm Zone is now the only council-backed home insulation scheme and is going out to every household over the next three years. It offers free cavity wall and loft insulation to every home which is suitable and is not means tested. Householders may also benefit from heating improvements, however these are dependant on eligibility criteria.

Warm Zone is also working with a number of partner organisations to offer additional support to householders, including benefit checks, fire safety checks, water conservation advice, and support for carers.

The scheme is now working in Crosland Moor. Miller Pattison is currently the only insulation contractor carrying out work in Kirklees on behalf of the council. Please check the identification badges of all people claiming to work on behalf of Warm Zone.

For more information please visit
www.kirklees.gov.uk/warmzone

Adult Services

Direct Payment Reference Group

Are you interested in giving up some of your time to provide advice to other direct payment users and help the Independent Living team provide the kind of service you want?

What's involved?

It could be helping us to create an interactive website

or

To be available to offer advice to people who are thinking about using direct payments, or are experiencing some problems with their direct payment scheme.

or

To help us with ideas for our new quarterly newsletter

There may also be opportunities to attend events and conferences about Direct Payments and Independent Living.

How much time do I need to give?

We would ideally like a core group of around 6 people who would be willing to meet every three months to look at our Direct Payment scheme, help us plan for Individual Budgets and have a real involvement in the focus of what we do.

In addition, we would also like to hear from people who would be willing to be part of a wider reference group who could be asked to help us for a short period on a specific issue. For example, looking at our public information leaflets or how we can promote the service.

If you think you may be interested or just want a bit more information before you decide, please contact the Independent Living Team on 01484 416760.



Community Engagement event

Community organisations and Adult Services staff came to a lively Your Choice Your Community event organised by Community Liaison on 8 May. People dropped in to find out about Neighbourhood Renewal funding opportunities and to find out what services exist for deaf, hard of hearing, blind and disabled people in Kirklees.

The event was held at the Hudawi Centre in Huddersfield from 12 noon to 4pm. Nearly 200 visitors came to talk to stall holders, and at least twenty community organisations met members of the Community Liaison team to talk about £5000 Community Contracts for health and social care projects.

There was a vibrant atmosphere with lots of networking and interesting workshops from the Hard of Hearing Fellowship and Society for the Blind, Dewsbury, Batley and District. There was also a chance to get energised through exercise and drama sessions with Suga Brown and then to unwind with the help of an aromatherapist from the Nerve Centre who showed people ways to relax.

For more information on Neighbourhood Renewal Areas, the adults we want to support and innovative ways organisations can help us to do this, please contact Community Liaison on 01484 225142 or e-mail community.liaison@kirklees.gov.uk

Adult Services

Have your say on future of NHS

South West Yorkshire Mental Health NHS Trust is urging local people to join their Trust as a 'member' and have a say on the future of mental health and learning disability services in the area. The Trust is currently applying to become a foundation trust – a different type of NHS organisation which is run locally with local people as members, having a say in how services are developed.

Trust chief executive Steven Michael says, "Given that one in four of us will have a mental health problem in the course of a year, it's important that local people get the services they deserve. Becoming a Foundation Trust is a great opportunity for local people to become involved in their local NHS and have a real say on how services are developed. We want to encourage as many people as possible to join us and help make a real difference."

To become a member or learn more please visit
www.southwestyorkshire.nhs.uk
call: 01484 343395 or email:
membership@swyt.nhs.uk



Volunteer event success

The event to attract new volunteers held earlier in June has been declared a success with nearly 100 new volunteers recruited.

The event was held at the Gateway to Care in Huddersfield and was a partnership between the Kirklees Council Adult Services Volunteers Project and a number of partner organisations.

The aim was to give volunteers the chance to get involved in health and social care activities in the community.

A range of organisations took part including Age Concern, South Asian Healthy Living Project, WRVS, Share, St John's Ambulance, Alzheimer's Society, Millennium Volunteers. They gave out information on how volunteering can make a difference to people's lives and what it involves.

Sarah Burden of the Volunteer Bureau said: "It was a very good event with good attendance by a variety of organisations in a perfect location."

Amongst the new volunteers was a woman with a visual impairment who will now be working with a team supporting a group of older people.

Said Cllr Margaret Bates, Kirklees Cabinet member for Adult Services: "Volunteering is a great way to help others and put something back into your community, whether it is befriending an individual or helping a group to grow and develop. It is also a chance to meet new people, make new friends and develop new skills and interests to enhance your CV, support studies or help to make you more employable."

BME News

Working hands together

Deafness is a taboo subject and is rarely discussed in the Asian community. The project will educate South Asian communities about deafness and will work with families and local community groups across North Kirklees. This project aims to set up new activities and services for South Asian deaf people and their carers. Activities may include:

- deaf women's group
- basic BSL and lip reading classes

- social activities for Asian deaf people and their families
- men with hearing impairment support group.

The project aims to:

- make Asian deaf people aware of the many services that are available to them
- establish an Asian deaf user consultation group that will give feedback on local services and on any difficulties they may have.

Worker and volunteers will visit community groups and families to talk about the project and to signpost individuals to information.

The project will encourage Asian people to become volunteers for the service and to learn more about deafness.

For more information, please contact Phil James, Tel. 01484 225109

Raising awareness of Dementia

The Inclusion and Diversity Project aims to provide long-term services amongst people in the South Asian Community with Dementia and their carers.

The term 'Dementia' is used to describe the symptoms that occur when the brain is affected by specific diseases and conditions, including Alzheimer's disease, stroke and other conditions. It has a big impact on the person's personality, physical conditions and lifestyle. The symptoms may include, Loss of memory, Mood changes and Communication problems.

There are about 750,000 people in the UK with dementia. Dementia mainly affects older people but it can also affect younger people, male or female. There are 15,000 people in the UK under the age of 65 who have

dementia. There are 14,000 people with dementia among ethnic minorities and in a few rare cases, the diseases that cause dementia can be inherited.

Several diseases and conditions cause Dementia, mainly Alzheimer's and Vascular Disease. The symptoms of Vascular Dementia can occur either suddenly following a stroke or, over time, through a series of small strokes.

The project intends to increase the use of available statutory services and those of other voluntary organisations by assessing individuals or groups to access available resources. This will be part of the Alzheimer's Society's efforts to increase cross-organisational partnership work as well as increasing the number of contacts made with individual and community groups.

If you are worried about yourself or someone close to you, then there are two new Inclusion and Diversity Officers working in the Kirklees and Calderdale areas who are responsible for carrying out Outreach and Development work with South Asian communities and can be contacted in confidence. In addition to English, they can speak in: Urdu, Hindi, Gujerati, Mirpuri and Punjabi.

**For further information contact:
Huddersfield Branch on 01484 429865**

Calderdale & district Branch on 01422 352789

**Direct Line: 0780 779 0822
(if English is not your first language)**

We welcome student placements and volunteers.

Carers News



Carers of the Year

Over 90 people attended a special event at Ainley Top to see the winners of the Carers of the Year competition be chosen.

The Mayor of Kirklees, Cllr Jean Calvert presented the prizes and said "Each one of our carer nominations has been exceptional and I'm sure you will agree that each of them deserves to be, and is, a carer of the year".

The competition was held in three parts based on geographical areas and nominations were made through local newspapers. There were more than 30 nominations made of people from all age groups, some providing round the clock care, but all providing dedication, commitment and support. The winners and runners up were given prizes including weekend breaks, certificates, flowers and vouchers.

The winner in the Dewsbury Reporter circulation area was

71 year old Jessie Kirkham from Mirfield who carers for a number of relatives including her 101 year old mother and her husband who is recovering from a heart attack.

The winner in the Huddersfield Examiner circulation area was Stephen Shepherd of Huddersfield who cares for his partner Sandra who has cerebral palsy. Stephen enables Sandra to be independent and take part in many activities including Carers Gateway events.

The winner in the Dewsbury Press circulation area was Margaret Trott of Liversedge. Margaret has spent 43 years caring for her husband Alan who was injured playing rugby just three months after they married. Alan spent nine months in a coma. He has never been able to walk properly since the accident, and he has problems with his arms and speech. With the help of her close family, all

Alan's care except for physiotherapy has been provided by Margaret.

For more information contact Carers Gateway on 01484 226050 or e-mail: carers.gateway@kirklees.gov.uk

South Asian Arts UK

South Asian Arts UK are celebrating their tenth birthday at Leeds College of Music on 28 September 2007. Please see **'What's On'** section to find out how you can get tickets.

We would also like to know if carers are interested in attending traditional Asian music and dance shows. See our **'What's on'** section for more information on this.

Carers News

Carers Makeover Competition

Margaret Broadbent is the worthy winner of the Carer Makeover competition organised by Carer's Gateway in March this year.



Margaret has four children, Steven, Maria, Michael and Katie. She also has a 2-year-old grand-daughter Alannah. Margaret has raised her children as a single parent since her husband passed away 13 years ago. Margaret's youngest child was only aged 15 days old when she lost her husband.

Margaret's eldest son Steven suffers from a complex learning disability with autistic tendencies. Now 26 years of age, Margaret has cared for him at home all his life. Steven is supported by Mencap support workers during the week and he has regular short breaks with Adult Placement Scheme Carers Andrew and Caroline Smith and their family.

Margaret was nominated for the Carer Makeover by Steven's Adult Placement Officer, Nigel Bradley.

When Cllr Bates telephoned Margaret to let her know she had won the competition she was very surprised, so much so that she

thought it was a hoax by her daughter and friends! She had a wonderful time being pampered and would like to thank the panel of judges and all those involved in arranging the competition as well as the businesses that provided the makeover.

What is Adult Placement?

Adult Placement provides service users and their carers with short breaks. Adult Placement Carers care for people in their home, or the Service User's home, or provide sessional care in the community. They receive an allowance for the care they provide and carers are carefully matched with service users and their families.



Prize Draw Winner

Congratulations to Mrs Shagufta Aslam from Crosland Moor, who won 2 tickets for a meal in our Carers Week Prize Draw. Mrs Aslam has been caring for her elderly mother who has a number of health problems and lives alone, for nearly ten years. She helps her mother with her daily living tasks while maintaining and looking after her own home and family.

Mrs Aslam was unaware of any support available for carers like herself until she met Carers Gateway staff outside her GP surgery doing promotional work during Carers Week. She has now received a Welcome Pack containing useful information for carers, and is aware that she can contact Kirklees Carers Gateway for advice, information and support should she need to.

Information on all health and social care services is available at Social Services Information Points on 01924 325070 01484 223000 or by calling at Gateway to Care, 30 Market Street, Huddersfield, HD1 2HG, or the Walsh Building Town Hall Way Dewsbury. If you're a carer contact Carers Gateway on 01484 226050

Carers News

Advocacy for Carers

Cloverleaf Advocacy will soon be providing an advocacy service for adult carers across Kirklees. An advocate can support people in getting their views and needs as a carer across to the appropriate services. Some of the things an advocate can do are to:

- Support you to find out your rights as a carer.
- Support you to access, and support you, through the Carers Assessment process.
- Support you with addressing issues which may arise as a result of being a carer e.g. employment, respite services, benefits etc.
- Support you to be more central to decision making about the person you care for.
- Support you to make a complaint about health and social care services.

There are many other things an advocate may be able to support with, so if you would like to find out more information about this service, please contact Julian Grove-Haworth or Suzi Henderson on 01924 438438 or email kirklees@cloverleaf-advocacy.co.uk

Looking after Me – Expert Carers Programme

Would you like to...

- Reduce your stress levels?
- Meet new friends?
- Share your caring experiences?
- Boost your confidence?
- Look after your own health needs?

Looking after Me is a course for adults who care for someone living with a long-term health condition or disability.

The course is about carers making time to look after their own health needs and it aims to help them to take more control of their situation and make a difference to their life.

A number of carers attended our first course earlier this year, with very positive results:

Nearly all the carers who attended felt the course had helped them by:

- Learning relaxation techniques
- Receiving useful information and facts
- Being able to discuss issues with other carers in a

relaxed and confidential setting

- Discussing common problems
- Boosting their confidence
- Learning how to think more positively
- Learning self-help management techniques
- Developing their communication skills

Almost all the participants said that they had learnt ways to keep their stress levels down and find ways of coping when they feel tired.

The course is presented in an informal group setting, of up to 15 carers. It usually consists of 8 weekly sessions, with each session lasting for ½ day.

If you would be interested in finding out more about the Looking After Me Course, or attending our next programme, please contact Kirklees Carers Gateway on 01484 226050 or complete the relevant section on the booking form.

What's On

Are you a budding Tiger Woods?

Golf Lessons with a Professional!!

This is a fantastic opportunity to take part in group lessons with a professional Golfer!

We are planning to run weekly sessions and need to know how many of you would be interested in participating. Don't delay in letting us know by registering your interest on the booking form.

Golf Driving Range

How about some stress-busting time out at the driving range and practice and perfect your golf swing at the same time?

Once again, hurry and register your interest on the booking form!

Are you looking for something to do during the summer holidays?

We have some tickets for Cannon Hall Open Farm at Cawthorne, near Barnsley, which is set in beautiful countryside with plenty of parking and a tearoom. The farm itself has a large selection of animals which you can feed, and there is also an adventure playground.

Would you like a day pass at The Stadium Pool and Fitness Club, Huddersfield or Dewsbury Sports Centre?

We have some day passes for carers to be used at the above venues. You can use the gym or swimming pool or just relax in the jacuzzi, sauna or steam room. You can also attend any of the fitness classes on that day but you will need to book in advance with the stadium or sports centre.

We will send the pass out to successful carers; you can take a friend along but they will have to pay for their own pass at a cost of £10. If you think you would enjoy a day like this, please complete the booking form. Please state either Huddersfield or Dewsbury venue.

Complimentary Therapies

Complimentary therapies are a good way to manage stress and maintain your health and well

being. We are again offering carers an opportunity to have an aromatherapy massage, using natural essential oils with healing properties. Other therapies can be offered at the same value, such as reflexology (hand or foot massage) or Reiki. Reiki uses life energy forces and carers lie down in a quiet room, no clothing needs to be removed and is non-invasive.

If you are feeling stressed and feel this would be of benefit to you please complete the booking form and return it to us.

In the first instance, we will be offering these sessions to carers who have not had sessions previously.

It's Pantomime Time again! (Oh yes it is!)

The Pantomime season will soon be upon us and we hope to purchase tickets at different theatres to make it easier for carers to get there. We would love to see lots of parent carers enjoying a family outing! As this is a very popular event we will be limiting the number of tickets per carer. Please specify on the booking form how many tickets you would like and who they are for.

What's On

Day Trips

We will be arranging another couple of day trips – destination unknown!! If you would like to have a day out please complete the attached booking form.

We purchase coach tickets and forward them onto the successful carers, tickets are limited to 2 per carer. We will be arranging one during the week and one at the weekend (for working carers / parent carers etc) so please specify on the booking form which you prefer.

What would YOU like to do?

Carers Gateway try to organise events and breaks that appeal to a wide range of carers. We appreciate how important breaks are to carers and would like your suggestions for events or breaks that would appeal to you. So if you are a new carer or have not attended any or many of our events, we would love to receive your suggestions.

Please send them to Karen Asquith at Carers Gateway or telephone her on 01484 226050 or email: karen.asquith@kirklees.gov.uk
Thank you for your help.

Creative Writing

Do you have a creative side? Do you enjoy writing? This could be for you. The Creative Writing group meets at Carers Gateway once a month with refreshments provided. This is a fun, friendly session and it would be great to see new carers come along. The next sessions are between 10.30am and 12 noon on:

Tuesday 25 September 2007

Tuesday 23 October 2007

Tuesday 27 November 2007

Flower Therapy

Would you like to learn how to turn your supermarket flowers into your own unique floral display?

If you would like to relax for a couple of hours, learn some basic flower arranging techniques and have an opportunity to take home your own arrangement, then register your interest on the booking form and we'll plan some sessions at Gateway to care.

Ponderosa Rural Therapeutic Centre

Ponderosa in Heckmondwike, is a great place to visit with rare breeds, greenhouses, reptile rooms and lakes to explore. It has its own coffee shop and play areas for children (including disabled

play equipment). There are tarmac walkways around the farm suitable for wheelchair and pushchair access – so good for all the family.

We have some tickets for carers to use over the summer months, if you are interested, please complete the booking form and return to Carers Gateway.

South Asian Arts UK Birthday Celebration

South Asian Arts UK are celebrating their tenth birthday on the 28th September 2007 at the Leeds College of Music. This will be a celebration event which brings together South Asian Art, Music, Dance, Poetry and Asian Cuisine. Carers Gateway have a limited number of tickets for this event; if you are a carer and would like attend please fill in the booking form and return to Carers Gateway.

If you would like to purchase tickets directly for yourself, family, or friends please ring 0113 222 3434/ 0113 244 5523.

(Carers Gateway will not be able to provide transport, reimburse travel expenses or provide care cover for this event)

What's On

Asian Music and Dance

We are hoping to purchase some tickets for shows with traditional Asian music and dance. We do not have any fixed dates yet but would like to know how many carers would be interested. Please tick the box on the booking form to register your interest and we will contact you with further details.

Coping With Stress

Are you feeling stressed? Would you like to discover some positive, practical ways of helping yourself? Why not come along to Batley Resource Centre and find out how to recognise and manage stress. The session will include a quiz, identifying the effects of stress, ways to deal with stress and relaxation techniques. It will involve group work and workshop style activities and discussions.

A light lunch is included.

Tuesday 4th December 10 a.m. – 2.30 p.m.

Please note a refundable deposit of £15 per person will apply to this event

Continance Information

Are you or someone you know affected by continence problems? Would you like to know more about self-help or where to turn for help? Incontinence affects a great many people but is often

not talked about and therefore people just put up with it. Many ill, elderly or disabled people are affected by continence problems but there are things that can be done to help or better manage the problem.

We are hosting an information session for carers with a Continance Advisor from Kirklees PCT. There will also be a representative from Paul Hartmaan Ltd. who provide the continence products that are supplied through the PCT home delivery service. A light lunch will also be provided. **Thursday 11th October 2007 10am – 2.30pm.**

Money Matters

Carers often find that their family budget is much reduced, especially if they've had to give up work to care full-time. It's also a fact that many benefits go unclaimed, as people are not aware of their entitlements.

This information session is on **Thursday 15 November 9.30am – 1pm** at Gateway to Care for carers will include a talk by a representative from Kirklees Money Advice Unit and will include managing money on a limited budget and general debt advice. This will be followed by a talk from a representative from Kirklees Benefits Advice, which will cover benefits relevant to carers. There will be an opportunity to ask questions.

Coffee Mornings/Afternoons

Batley Coffee Mornings

Batley Resource Centre, 90 Commercial Street, Batley. 10.30-12 noon

Friday 14 September
Friday 12 October
Friday 9 November

Birstall Coffee mornings

Held at Birstall Methodist Church Hall (near Market Place), Chapel Lane, Birstall, 10.30 – 12 noon.

Friday 7 September
Friday 5 October
Friday 2 November

Huddersfield Coffee Dates 2007

Coffee Mornings 10.30am – 12 noon
At The George Hotel, St Georges Square, Huddersfield

Tuesday 4 September 2007
Tuesday 2 October 2007
Tuesday 6 November 2007
Tuesday 4 December 2007

Coffee Afternoons 1.30pm – 3pm

At Carers Resource Centre, Gateway to Care, 30 Market St, Huddersfield

Tuesday 18 September 2007
Tuesday 16 October 2007
Tuesday 20 November 2007
Tuesday 18 December 2007

Group Golf Lessons

Please register my Interest

Golf Driving Range

Please register my interest

Cannon Hall

No. of tickets

Care cover required?

Stadium Day Pass

Huddersfield

Dewsbury

Care cover required?

Complimentary Therapies

To book session

Care cover required?

Pantomime

No of tickets

Who are tickets for?

Care cover required?

Day Trips

1 or 2 tickets?

Weekend

Weekday

Care cover required?

Creative Writing

Just turn up! Which dates care

cover required?

Flower Therapy

Please register my interest

Ponderosa

No of tickets

Care cover required?

South Asian Arts UK Celebration

No of tickets

We cannot provide care cover

Asian Music and Dance

Please register my interest

Coping With Stress

To book

Care cover required?

Continance Information

To book

Care cover required?

Looking After Me

I am interested in attending a course, please send me further details.

Money Matters

To book

Care cover required?

Please note, before we can book care cover for one of our events, you must already be registered with a care provider such as Crossroads.

Booking Form

If you are a carer why not take part in one of our events? Simply complete the booking form and return it to the Freepost address

If you would like to attend one of our Coffee Mornings or Afternoons there is no need to book a place. However, if you think you may need help with care cover, please fill in the details of the relevant date below and post the form back to us at least 2 weeks before.

I would like to attend the Coffee Morning/Afternoon

(please delete one) at: on

Please tick if you will require care cover

I would like to attend the Coffee Morning/Afternoon

(please delete one) at: on

Please tick if you will require care cover

Registration Form

Title: Name:

Address:

..... Postcode:

Tel: E-mail: DOB:

Your Ethnic Group ~ Please tick

A1 White British B1 Mixed White/Black Caribbean

C1 Indian Black Caribbean A2 White Irish

B2 Mixed White/Black African C2 Pakistani Black African

A3 White Other B3 Mixed White/Asian C3 Bangladeshi

Black Other Chinese B4 Any other mixed background

C4 Asian – any other Any other ethnic group

What is the date of birth of the person you care for:

Please tick the disability / illness / condition the person you care for has?

Physical Disability Learning Disability Mental Health Older Person

Other (Please give details):

The information you provide will be put on the Carefirst Database and kept in the strictest confidence, according to the Data Protection Act 1984 (and the Data Protection Act 1998 from 1st March 2000). Your details will help us monitor how well Carers Gateway is reaching out to carers across Kirklees and identify areas where we can develop our services to meet your needs. The information may be shared with others within Kirklees Council.

Signature

Please return the completed form to:

Carers Gateway,

FREEPOST RLTR-YLTL-BRXJ

2 Market Street, Huddersfield HD1 2EH

NO STAMP REQUIRED!

Community News

FREE Off-Peak Travel Throughout England

Metro is advising people living in West Yorkshire aged 60 or over, disabled people and blind people that from April 2008 they will be entitled to free, off-peak local bus travel throughout England.

To take advantage of free off-peak local bus travel everyone aged 60 or over, and people who are registered disabled or blind will need to get a new English National Concessionary Pass, even if they have a current Metro pass. Everyone who applies by the end of September 2007 will be entered into one of four, £1000 prize draws.

People can apply for the new passes from Monday 23 July and to make it easier for them, and to help avoid long queues at Post Offices, Metro is advising people to order their English National Concessionary Pass at Post Offices, according to the first letter of their Family name.

So people whose Family name begins with:

- **A, B, C, D or E** should apply at Post Offices between **Monday 23 July and Saturday 4 Aug 2007**;
- **F, G, H, I, J or K** should apply at Post Offices between **Monday 6 Aug and Saturday 18 Aug 2007**;



- **L, M, N, O or P** should apply at Post Offices between **Monday 20 Aug and Saturday 1 Sept 2007**;
- **Q, R, S,** or **T** should apply at Post Offices between **Monday 3 and Saturday 15 Sept 2007**;
- **U, V, W, X, Y or Z** should apply at Post Offices between **Monday 17 and Saturday 29 Sept 2007**.

At Bus Station Travel Centres, you will be able to order your new pass outside these periods but this may mean you face a longer wait. At Post Offices, if you miss your dates, please apply from **Monday 1 October**.

Prize draws will take place on **Fridays 10 and 24 August, 14 September and 12 October** and for each one there are:

- 1 x £500 top prize;
- 4 x £100 runner-up prizes;
- 4 x £25 runner-up prizes.

Further details of what people need to take with them to apply for their English National

Concessionary Pass will be posted on Metro's web site at **www.wymetro.com** and in Metro leaflets that will be available from Bus Station Travel centres and other Metro outlets.

People aged 60 or over, disabled people and blind people wishing to enjoy the current free off-peak bus travel in West Yorkshire and off-peak rail travel across the county for 35p per journey between now and April 2008, and who needs a Metro Pass should do so in the usual way.



Application information is available on the Metro's web site at **www.wymetro.com** and in leaflets available from Bus Station Travel centres and other Metro outlets.

Don't miss the bus – order a pass and enjoy free off-peak local bus travel throughout England from April 2008.

Community News

Accessible Transport

Metro AccessBus is a dial a ride bus service providing door-to-door local transport to people who are unable to use conventional bus services. The buses are fully accessible and are fitted with the most up to date safety equipment. Drivers will provide assistance where necessary to and from the vehicle and you may take a companion if you need assistance whilst travelling or at your destination.

The service is free of charge to residents of West Yorkshire and operates between 9am and 5.30pm Monday to Saturday and 9am to 5pm Sunday. An evening service is available to groups of 5 or more however the availability of this particular service is limited.

How do I register for AccessBus?

You can obtain a registration form by telephoning 01274 304297 Monday to Friday between 7.30am and 4pm.

Where can I go on AccessBus?

Due to the very high demand for the service there is only limited availability and travel is restricted to local services only. The majority of trips are for shopping purposes to the local supermarket or shopping centre however we do provide a limited amount of transport for social purposes eg to the local community centre.



AccessBus is not able to cater for day and time specific requests for appointments etc. In order to make best use of the vehicles we serve certain areas on set days and allocate new customers to travel on the day when the bus is in their area.

New AccessBus Routes

In an attempt to increase the overall availability of accessible transport, Metro is currently working in partnership with local Councillors in various localities within Kirklees.

The aim of the proposed new service is to provide links to local facilities which are not easily accessible by public transport such as GP surgery, Health Centre, Supermarket, Community Centre etc.

The buses will run on a pre-defined route through neighbourhoods and can be diverted a short distance from the route (subject to prior notice)

to provide a door to door service. As the routes are being designed to meet local needs, please let us know if you have particular problems in getting to local services due to lack of public transport.

Details of where you would like to see the service operate can be given to your Gateway Worker, Local Councillor or by contacting AccessBus.

How can I contact AccessBus? Metro AccessBus

Wellington House

40-50 Wellington Street

LEEDS, LS1 2DE

**Call 01274 304297 or visit the
Metro website:**

www.wymetro.com



Batley Self Help

Updates

Summer 2007 | Issue No.6

In June 1997 Batley Self Help Depression Group was founded as a result of one lady's experience of mental breakdown and severe clinical depression. It began as a support group with a few members sharing their feelings and has grown to become a registered charity and limited company with over 100 members.

The group is supported by volunteers and staff who have all made their own particular contribution to the group.

As Grahame Dixon (chairman) explains 'We have shared some wonderful sessions talking and sharing with each other, helping each other become well again'.

The group has meetings through the month where service users and carers can access a supportive environment to share their experiences and learn from each other ways to cope.

Services including talking therapy, art therapy, creative writing groups, various speakers, aromatherapy, reflexology, various courses and 'Living with Loss' group and the provision of one to-one counselling are available.

Batley Self Help celebrated its tenth birthday recently with support from the Mayor of Kirklees and its local Member

**Next Deadline:
4 October**

**Contact: Angelina France on
01484 226927 or email
working.in.partnership
@kirklees.gov.uk**

of Parliament. The events guest speaker was Ian Clayton who shared his own experiences. Poetry and art produced by members was displayed which showed the achievements and positive outcomes of the group, and raised valuable funds for the group and Ian Clayton's charity. There was also performances by Petra drama group (in which members and former members were involved) and Hoot musical group.

The group aims to raise more awareness of depression in the community by providing training courses for organisations and individuals.

If you would like to know more about any of the services available please ring 01924 446413 / 326390, alternatively you can e-mail us enquiries@batleyselfhelp.org.uk or visit our website www.batleyselfhelp.org.uk

